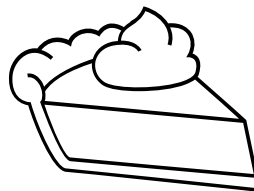


NO-CRUST PUMPKIN PIE



Serving Size (1/8 of pie):
Calories 150
Total Fat 1.5g
Saturated Fat 0.5g
Cholesterol 65mg
Sodium 140mg
Total Carbohydrates 29g
Fiber 2g Total Sugars 23g
Protein 6g Vitamin A 180%
Vitamin C 4% Calcium 15%
Iron 8%

Save some time and some calories while you get the
benefits of pumpkins!

Ingredients:

2 large eggs
1/4 teaspoon salt
1 (15 ounce) can pumpkin
1 3/4 teaspoon pumpkin pie spice*
1 cup non-fat dry milk
1/4 cup all-purpose flour
2/3 cup sugar
1 cup water

Directions:

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Spray a 9-inch pie plate with non-stick cooking spray. Set aside.
3. Crack eggs into a large bowl. Wash hands with soap and water after cracking raw eggs. Add remaining ingredients except water and mix together.
4. Slowly stir in water until well mixed. Pour into prepared pie plate.
5. Bake for 45 to 55 minutes or until a knife inserted 1-inch from the center comes out clean.
6. Cool completely before cutting. Store leftovers in the refrigerator for up to four days.

- Rich in **beta-carotene**
 - Antioxidant
 - Supports vision & eye health
- Contains **vitamin C, vitamin E, iron, and folate, selenium**
 - Can support immune system
- Contains **potassium, magnesium, calcium**
 - Can help lower blood pressure
 - Supports heart health
- Low in sodium
- Reported to have anti-cancerous properties due to high antioxidant content
- Anti-inflammatory components

FALL PRODUCE TO ADD TO YOUR PLATE



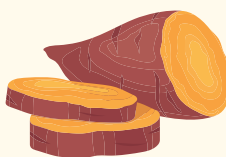
PUMPKIN

Rich in
vitamin A,
fiber, vitamin
C, vitamin E



BEETS

Heart healthy,
rich in folate,
potassium,
antioxidants



SWEET
POTATO

Rich in vitamin
A, vitamin C,
potassium,
manganese



SPAGHETTI
SQUASH

Rich in vitamin
C, vitamin B6,
beta-carotene,
fiber



CRANBERRIES

Antioxidant,
vitamin C, copper,
manganese, heart
health